

Light Indian Chicken Pasanda Curry

with Cauliflower Rice and Kachumber

hellóchef

This hearty curry might just become your new favourite!

Cals 526 • Prot 60 • Carbs 43 • Fat 15

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🕒 cook: 35 min

R2732



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Brown onion	1	1	2	Piece
Cardamom pods	4	6	8	Piece
Lime	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	20	30	40	Grams
Garam masala	2	2	4	Grams
Coriander cumin powder	4	4	8	Grams
Chilli powder	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Curry powder	5	8	10	Grams
Water	100	230	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Natural yogurt 4*	170	170	340	Grams
Black pepper	0.5	0.5	1	Tsp
Cauliflower rice				
Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Kachumber				
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Cucumber	1	2	2	Piece
Tomatoes	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
To serve				
Almond flakes 1*, 2*	30	45	60	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2197 / 526
Fat (g)	15.4
of which saturates (g)	4
Carbohydrate (g)	43
of which sugars (g)	19
Fiber (g)	12
Protein (g)	60.1
Salt (g)	4.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **onion**. Split the **cardamom pods** open with the back of a knife. Slice the **lime** into wedges. Chop the **chicken** into bite-sized pieces.



2 Start curry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **ginger garlic paste, cardamom pods, garam masala, coriander cumin powder, chilli powder (spicy!), turmeric** and **curry powder**. Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the chilli powder.



3 Simmer

Add the **chicken** and fry for 2-3 min further. Add the **measured water** and the [0.5/1/1] **chicken stock cube**. Reduce the heat to medium. Cover with a lid and simmer, stirring occasionally for 5-8 min or until the **chicken** is cooked through and tender. Once cooked, remove the **chicken curry** from the heat and stir in the **yogurt**. Season with **salt, pepper** and a squeeze of **lime** juice to taste (reserve the rest for use in step 6).

Tip! Stir the yogurt with a spoon in its container until smooth before adding into the sauce.



4 Toast almonds

Meanwhile, heat a separate large pan over a medium-high heat. Once hot, toast the **almond flakes** for 2 min or until golden and fragrant. Transfer them to a plate and set aside. Wipe and reserve the pan.

Tip! Remove the almond flakes from the pan the moment they start to brown. They go from being toasted to being burnt in a matter of seconds.



5 Make cauliflower rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 -7 min.



6 Serve

Meanwhile, pick and chop the **coriander** leaves. Chop the **cucumber** and the **tomatoes** into cubes. In a large bowl, combine the **coriander, cucumber, tomatoes**, a squeeze of **lime** juice to taste and a pinch of **salt**. Serve the **chicken pasanda** with the **cauliflower rice** and the **kachumber** alongside. Garnish with the **toasted almond flakes** and the remaining **lime wedges**.